

Emotional Devastation

requires

Spiritual Restoration

The truth is, as David has stated in Psalm 139, referring to God:

¹³ For you formed my inward parts;
you knitted me together in my mother's womb.
¹⁴ I praise you, for I am fearfully and wonderfully made.

Wonderful are your works;
my soul knows it very well.

¹⁵ My frame was not hidden from you,
when I was being made in secret,
intricately woven in the depths of the earth.

¹⁶ Your eyes saw my unformed substance;
in your book were written, every one of them,
the days that were formed for me,
when as yet there was none of them.

This is not only true of David's physical body but ALL who have ever lived.

And part of that which was "knit" within me in my mother's womb was the spiritually based element of emotions. There is a strong connection between them, our mind and soul!

There are several factors of life that can and will lead to *emotional devastation*. However, how much *sound* teaching is given to the truth that this connection exists? Are you thinking "little to none?"

On the contrary, many are taught at a very young age that we are not to express our true feelings when we have been *emotionally devastated*. This teaching comes in the form of "big boys don't cry" or "dry your pretty little face" or "suck it up." Thus, we develop the attitude that it is wrong and unacceptable to express our inward pain through tears. How sad! How Tragic!

The degree of devastation varies from one to another. *Nonetheless, when our emotions are adversely affected, our whole entire being is placed in spiritual jeopardy in need of spiritual reconnection.*

As we grow older in this mindset--not being allowed to express our emotions--our hearts become hardened. This is especially true if there is not someone spiritually grounded in truth to help us recover. Consequently, God gets blamed for all of the adversities we are experiencing. We question His love for us. This is Satan's plan!!!

The devil does not want us to know that God is the only one capable of bringing us true spiritual restoration needed for complete recovery. Without this knowledge, we remain in a miserable mental state of mind--unfulfilled.

How much thought is given to the truth that Satan working in our life is the true cause of any and all feelings of "emptiness" we may be experiencing?

Yes, this is the **TRUE** source of our *emotional devastation*. *And a greater truth is complete emotional healing is possible when we turn to God for Spiritual Restoration.*

The Bible reaffirms this truth:

"If you abide in my word, you are truly my disciples, ³² and you will know the truth and the truth will set you free." John 8:31-32

When we abide in His word and *put it into practice*, we will have true peace of mind as the result of "*spiritual restoration*" back to Him.

Onward as we reach Upward!